

## Disgust

If you feel disgust right now, you are in a state of feeling appalled and repelled. This is actually such a great empowered signal coming through you, because it's telling you that you can no longer tolerate certain conditions. From our ego, our disgust leads us to judgment and blame. Really putting this intolerance on another. From a loving state this disgust is about you. It's not disgust about yourself, it's about what you can do to create change. That disgust is saying that this is no longer tolerable, I need to make positive change through love. I need to ignite in other from a place of empowerment, and love, and leadership change. You become this ignition switch for other to really recognize that what they witnessing or what has occurred, why it's not tolerable. Rather than create more judgment and blame around it. It's saying that it's not tolerable that you are not acting. That is a community perhaps we're not acting, or a family we're not acting. This disgust is really a propelling energy. To say let's create a movement. Let's create a movement based on love and leadership. Really having a vision for what you feel within your heart and your gut how things should be different.